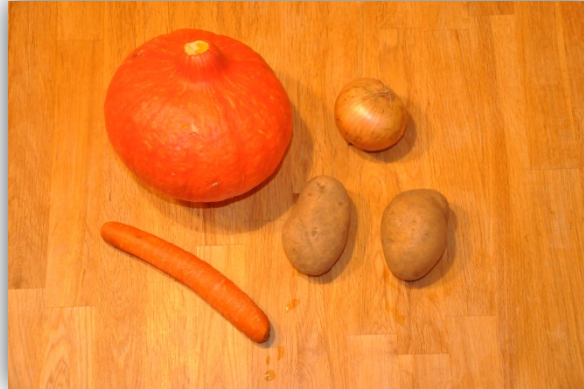


# Pumpkin soup

*Pumpkin isn't only good at Halloween: it grows from August to December in fields here in Germany. It's a nice vegetable for autumn, first because it's good to keep well and fit (it contains vitamin A, B, C, D, E and phosphor) and second because it's eco-friendly: near our home means less transport, thus less emissions.*

## Ingredients:

- ❖ 1 Pumpkin
- ❖ 1 Carrot
- ❖ 2 potatoes
- ❖ 1 Onion
- ❖ 20g butter



## Preparation:

1. Peel the carrot, the potatoes, and the onion. Dice them.  
Chop the pumpkin and remove the seed.
2. In a large saucepan cook onion in butter. Add pumpkin, potatoes and carrot.
3. Cover the vegetables with water and cook for 30 minutes. Then puree with a food processor or a blender.
4. You can season it to your taste.

